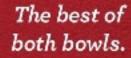
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breakfast long.



### Ottawa Hospital to get land for new campus

Federal government will transfer 60 acres so the facility can build its new Civic Campus

### GETTING CUT VIA A LITTLE NIP, A LITTLE TUCK

NUMBER OF MEN GOING UNDER THE KNIFE FOR A SUPERHERO'S BODY HAS INCREASED PAGE 14



Children's Hospital of Eastern Ontario molecular genetics technologist Brittany Antoniuk takes some DNA samples during a tour of the genetics lab Monday. The hospital announced it will challenge U.S. gene patents it says are limiting its research in diagnosing genetic disorders in children. For more on the story, see page 4. TREVOR GREENWAY/METRO

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## **LeafSource**





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### "IT WORKS! I'LL TAKE ANOTHER TWO BOTTLES PLEASE!"

his coming from a customer who had tried every other natural remedy under the sun in the past few years to take away her pain. Ian, the owner of the health food store couldn't believe his ears. He had finally found the perfect product to stop his customer's miseries.

This is what every owner of a health food store dreams about, a natural product that receives so many outstanding testimonials on such a wide variety of health issues. "I had recommended a new product called LeafSource™, which we recently started carrying. We have had tremendous success with this product, and almost everyone we have recommended it to over the last few months has come back and thanked us over and over again" said lan. Before trying LeafSource™, the woman had complained about her ongoing joint pain and was at her wit's end. Although she had experienced some relief through the numerous natural remedies

she had tried over the years, the pain would never fully go away. "She returned to my store, in tears, less than one week after buying LeafSource™. I didn't know what to think of this woman standing in front of me crying, until she told me that within a few days of taking LeafSource™ her pain started to disappear and within a week it was completely gone-as if it was never there." lan goes on, "This coming from a woman whose painful joints and ongoing sciatica were so bad just one week earlier, that the pain was unbearable but now has completely subsided."

By now you are probably wondering what is LeafSource<sup>TM</sup> and why is it so effective? LeafSource<sup>TM</sup> is a 100% natural product derived from a proprietary organic mineral composite with over ten years of university research.

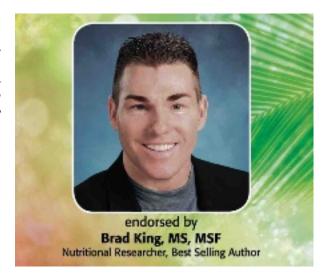
LeafSource<sup>™</sup> helps regulate the inflammatory process and the body's ability to repair itself. The vast majority (70 - 80%) of the population over the age of 50 have joint problems - often called osteoarthritis.

This is due to the natural (or unnatural) wear and tear on joint tissue that develops through the aging process. With joint inflam-

mation, movement is limited and pain can be constant. LeafSource™ seems to have the ability to help people get their mobility back. Millions of people seek treatment for their joint and inflammation problems by resorting to expensive, toxic prescription drugs (i.e.

NSAIDs) with multiple side effects. These range from nausea vomiting to serious intestinal disorders (bleeding, gas, pain) and kidney and liver failure. Isn't that too large a price to pay for a pain relief!? LeafSource™ is a alternative to these destructive anti-inflammatory drugs that cause more problems than they solve. There are absolutely no side effects and it doesn't interfere with any other medications. Controlled experiments and observations have revealed LeafSource™ is a potent anti-inflammatory that has been shown to bring a reduction to inflammation and pain within a few days. People notice great results in terms of more energy and less pain by taking anywhere from 2 to 6 capsules/day.

Typical maintenance is usually 1 capsule twice daily.



This product gets results! LeafSource™ is scientifically validated through more than 10 years of research at 4 universities, including the Department of Pharmaceutical Sciences, Mercer University. Aside from its incredible anti-inflammatory and pain reducing ability, it has also been shown to improve the performance of your daily nutrition and vitamin programs. It helps increase the absorption of vital nutrients, which in turn helps these nutrients work better. Better absorption = better results!

It's almost as if they have become supercharged! LeafSource<sup>™</sup> has also been shown to help enhance energy levels, improve intestinal health, strengthen hair, skin and nails and improve immune function. To see someone go from intense pain to a new lease on life within a week is truly incredible. Imagine being able to move freely without pain. Who wouldn't want to get out of bed in the morning with more energy?

It's amazing how much of this stuff we take for granted, until it's gone! lan adds, "I often recommend that LeafSource™ be taken with other natural joint products in order to help them work better and provide even faster relief. One of the things I hear most often from people who have tried LeafSource™ is they just plain feel better, have more energy and less pain. We're so confident, we guarantee LeafSource™ 100%! That alone should be enough to try this incredible product."



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### SIU

### Two Ottawa police charged with assault

Two Ottawa police officers have been charged with assault after an investigation by Ontario's Special Investigations Unit.

The SIU alleges 32-yearold Ismael Awaleh was assaulted by two officers on May 1. Constables Erin Cavan and Jordan Blonde are each charged with one count of assault and are required to appear in court Dec. 16.

The Justice Prosecutions branch of the Ministry of the Attorney General will have carriage of the prosecution. The SIU is an arm's length agency that investigates reports involving police where there has been death, serious injury or allegations of sexual assault. METRO

### Ottawa pimping ring

### One year sought for woman convicted of human trafficking

A Crown prosecutor and defence lawyer are both seeking a one-year sentence for a 19-year-old woman convicted of human trafficking a teen girl into a teen pimping ring in Ottawa.

But Justice Diane Lahaie warned the girl Monday she could face three years in jail if she doesn't begin following directions from her probation officer. The girl is to return to court Nov. 19. She was one of three young girls who helped run a teen pimping ring in south Ottawa in 2012.

JOE LOFARO/METRO



# Woman, 25, hit and killed by bus

'Ongoing problem.'
Residents say they've requested stop lights at intersection for years to no avail

A 25-year-old woman was hit by a bus Monday morning on Baseline Road near Rockway Crescent, a spot some area residents say is prone to car accidents and should be controlled with a signal light.

Initial media reports said the woman had been crossing the road, but Ottawa Paramedics disputed the report saying those reports were erroneous. Police have not said how the collision transpired, offering up only in an email that the woman was struck around 6:52 a.m. and she was taken to hospital, where she succumbed to her injuries.

"It's been an ongoing problem," said David Millions, a resident who lives in a townhome near Rockway. He said his wife lobbied the old City of Nepean for years to install a light and pretty much gave up when the city amalgamated with the City of Ottawa. She ran a daycare for several years, he said, and any time she wanted to take the kids to the park north of

Baseline Road the closest cross walks were at Greenbank Road about 700 metres away or Centrepointe Drive about 500 metres away.

"People are always running across the street to catch the bus," said Millions. There are bus stops on either side of Baseline at Rockway.

Millions said even for cars attempting to exit Rockway it can be difficult.

One man who happened by the accident scene as police accident reconstruction officers pieced together what happened told reporters there had been four or five crashes at the intersection in the last year. The man, who would only give his first name, Jason, said he lived in the nearby Forrest Ridge Apartments highrise, and said he himself had been "T-boned" in his car about a year ago as he exited Rockway.

Millions said he and his wife had spoken to the College Ward Councillor Rick Chiarelli about the issue a number of times. Chiarelli did not respond to a request for an interview.

Millions said he wasn't sure that Chiarelli could do much to get a signal at the intersection.

"The only thing he can do is lobby for it right? He's just one vote," said Millions.

SEAN MCKIBBON/METRO



metronews.ca
Tuesday, November 4, 2014

# Children's hospital launches U.S. gene patents challenge

The future of medicine.

'No one should be able to patent human DNA,' says CHEO's CEO



The Children's Hospital of Eastern Ontario (CHEO) has launched a legal challenge against U.S. gene patents they say is limiting their research in diagnosing genetic disorders in children.

CHEO's CEO Alex Munter announced the legal challenge Monday morning, saying that patenting human genes is "like patenting water or air."

"No one should be able to patent Human DNA," said Munter from a CHEO boardroom Monday. "It impacts the future of medicine, it impacts patients access to their own information and, fundamentally, it impacts the quality of care. In this hospital, we have parents

whose babies are sick; no one knows why, and it could take months and years to figure it out. Genomic medicine will end that."

Companies or other institutions that hold patents on genes or snippets of DNA and own the rights to diagnostic tests developed using that genetic information have a monopoly on what can be done with the information.

This makes it impossible for doctors to properly diagnose patients at CHEO, according to Dr. Gail Graham, head of genetics at CHEO.

"Right now, patents would prevent our laboratory scientists who see that mutation in their data analysis from revealing that information to the doctors caring for that child," said Graham.

"So the child and the family would never be aware, the child would be untreated. Our doctors and scientists simply can not accept the prospect of a child dying or potentially being orphaned because a patent



Associate head of the Molecular Genetics Diagnostic Lab at CHEO Dr. Olga Jarinova tours the hospital's genetics lab following an announcement that CHEO is launching a court challenge against gene patents in the US. TREVOR GREENWAY/METRO

#### Quoted

"In this hospital, we have parents whose babies are sick; no one knows why, and it could take months and years to figure it out. Genomic medicine will end that."

Alex Munter, CHEO's CEO, talks about barriers to diagnosis and genomic medicine

prevented us from diagnosing and treating a serious, life-threatening condition."

The court challenge uses patents with long QT Syndrome — a potentially fatal rhythmic heart disorder — as a test case. The hope is to

set a precedent that would invalidate all patents on naturally occurring human DNA.

There are a number of genes related to long QT syndrome, and five of them have been patented, primar-

ily by the University of Utah, the chief defendant in the court challenge.

As it stands, hospitals must send a patient's blood sample to be tested for long QT gene mutations to one of the U.S. labs licensed by the

University of Utah.

CHEO is being represented in Federal Court by Toronto law firm Gilbert's LLP, whose lawyers are providing their services probono.

WITH FILES FROM THE CANADIAN PRESS

### No Carleton interns have lodged Ghomeshi complaints: University



Carleton University says it has no information that any of its 73 journalism students who worked for CBC Toronto in the past 11 years have been affected by the recent allegations of sexual assault involving the company's former radio host, Jian Ghomeshi.

The CBC fired Ghomeshi on Oct. 26 just prior to a report by Torstar News Service that three women alleged he was physically violent with them without their consent during sexual encounters or prior to sexual encounters.

Since the initial allegations came to light, more women have come forward with similar allegations, including Trailer Park Boys actress, Lucy DeCoutere. Toronto police are now investigating complaints from three women who alleged sexual assault and assault against the radio host.

Last Friday, Carleton said it would begin looking at its student records to determine if any interns are involved.

The move followed attention focusing on a Twitter account that appeared to allege wrongdoing by Ghomeshi involving Carleton students.

A Twitter account titled @bigearsteddy tweeted in April 2014: "Hi there @jianghomeshi. Remember louring me to ur house under false pretences? Bruises dont lie. Signed, every female Carleton U media grad."

A recent report from Torstar detailed references "to Big Ears Teddy, a stuffed bear." According to Torstar, two women said that Ghomeshi "turned the bear around just before he slapped or choked them, saying that 'Big Ears Teddy shouldn't see this'."

In a statement issued Monday, the university said it had completed the internal review, which found that one of the 73 journalism students who interned at CBC Toronto from 2003 to 2014 worked on Ghomeshi's radio program, Q.

Carleton said it doesn't believe any of its students were affected by the allegations at this time.

"No one has raised any concerns about their placements there," the university said.

The statement did say the apprenticeship supervisor hasn't been able to verify information for all 73 students

because the CBC handles all work assignments and some of that information has not been relayed back to Carleton.

"However, we are making counselling services available to anyone requiring them," the statement read.

"To that end, we have contacted current and many former students of the School to ensure that they know we are here to support them and remind them of the services available on campus."

The internal review comes after Torstar reported Ghomeshi allegedly inappropriately touched a recent Western grad, who was hoping to land a job with CBC, in his studio in December 2012.

TREVOR GREENWAY/METRO WITH FILES FROM TORSTAR NEWS SERVICE

metronews.ca
Tuesday, November 4, 2014

OTTAWA



# The Ottawa Hospital's Civic gets 60 acres from feds to build new campus

### Preparing for the 'new demographic reality.' Land held by Agriculture

Land held by Agricultur and Agri-Food Canada to be transferred to the National Capital Commission



JOE LOFARO

The federal government has announced it will transfer 60 acres of land from the Experimental Farm to the National Capital Commission so the Ottawa Hospital can build a new Civic Campus.

Canada's Foreign Minister John Baird, also MP for Ottawa West-Nepean and minister responsible for the National Capital Commission, made the announcement Monday.

The land — a parcel across the street from the current Civic campus, which is owned by Agriculture and Agri-Food Canada — will be leased to the NCC for the construction of what the minister says will be a "world-class" hospital and teaching facility.

The lease will help the region prepare for the "new demographic reality," said Baird, in reference to the aging baby boomer population.

"This is an investment in health in a growing and aging population," he said. "Canada's aging demographics are changing and this expansion enables this important health-care institution to prepare for those changes."

The weathered Civic cam-

pus has for years been in need of upgrades and repairs, and from a patient perspective it is "always full," according to Dr. Jack Kitts, CEO of the Ottawa Hospital.

While the new campus likely won't be built for another decade, Kitts said after expansions are made at the other two hospital locations, those improvements will help alleviate pressure at the Civic campus.

Kitts envisions the overall plan would allow the new campus to be smaller or the same size than the current one, but allow it to be a "one patient per room" hospital.

The land lease deal sets the stage for talks with the province and the regional health-care community about costs, planning and construction of the new building.



## Ford invites design students to suit up and age 40 years

Driving a mile in their

suit. Automaker offers chance to experience what it's like for seniors, pregnant women when they're behind the wheel



If Joy Olagoke ever designs a car, she will definitely keep octogenarians in mind.

The third-year industrial design student at Carleton University laced up in Ford's "Third Age Suit," which is designed to simulate what it would be like to be 40 years older.

The 20-year-old didn't feel like herself.

"I don't know what age I feel, I just don't feel 20 by any means," said Olagoke, clad in a series of braces to make her legs stiff and a neck brace and a harness to force her to be con-

stantly bent over.

She tried to lean down and tie her shoes, but couldn't do it.

When Ford's human factors engineer Christian Civiero asked Olagoke to get inside the Ford Escape on display, she really experienced what having mobility issues means. Using the Escape's interface for something as simple as turning on the radio became a battle.

Ford also suited up thirdyear industrial design student Evan McDougall with an "empathy belly," which simulates a woman's pregnancy. McDougall said his back was sore from being pregnant for two full hours.

"It was even worse than I anticipated," said McDougall.

Civiero said the aim of the suit is to get budding car designers to understand the broad scope of drivers they cater to.

"To the young able-bodied engineer, you really can't conceive what it's like to be 40 years older," Civiero said.



### Road to 70. Metro reporter puts on the Third Age Suit

My back hurt, I had trouble walking, I couldn't bend my right arm and I had a hard time focusing my eye on anything close to me.

It may be 40 years until I hit septuagenarian status, but with Ford's Third Age Suit, I felt the effects of age instantly.

The hardest part was trying to see through the random black spots that "glaucoma goggles" filtered onto my eyeballs. Once I figured out where to look, I had to figure out how to move.

I was hunched over, throwing off my centre of gravity. The knee braces made it impossible for me to bend properly, so I had to sort of shuffle along.

Lifting a non-bending leg was hard, but stepping up into an SUV was even harder. Once inside, my "Parkinson's hand" (a vibrating glove) made it impossible for me to take a selfie — my hand was jittering all over the interface.

Ford has made it as easy as possible for aging motorists to drive their cars: Big font on their on-screen interface, large



buttons, 360-degree door handles and an adjustable hatch door that closes automatically with the push of a button.

But then I began to think about all the other day-to-day things that must be so challenging for disabled and aging residents to embark on. I couldn't tie my shoes, couldn't scratch an itchy part of my leg and wouldn't be able to shampoo my hair or brush my teeth with my locked elbow.

Everyone, not just car engineers, should try one of these suits on to see how many simple things we take for granted.

TREVOR GREENWAY/METRO

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### Regina police probing Reddit post related to missing girl

### Tamra Keepness.

5-year-old disappeared in 2004; on Sunday, a Reddit user posted a map implying her location

A cryptic post on Reddit claiming to know the whereabouts of a little girl who went missing in Regina has reignited discussions about the 10-year-old case.

On Sunday, Reddit user MySecretIsOut shared an image of a roughly sketched map on the Regina section of the website entitled, "Location of Tamra Keepness, check the wells."

Keepness was five years old when she disappeared on July 5, 2004, and was last seen in her home in the 1800 block of Ottawa Street. One commenter in the thread says they reported the post to the police.

Popowich, Elizabeth spokesperson with the Regina Police Service (RPS), said the post would be treated in the same manner as previous tips.

'Our investigator is going to take a look at it and try and determine whether or not there is any credibility," said Popowich. "From there we'll take appropriate investigative action.

Both the RCMP and the Muscowpetung Saulteaux Nation, a reserve northeast of Regina the map appears to depict, have said they are aware of the situation. The original poster



responded on Reddit Monday to clarify their intentions stating the map belonged to their late grandmother, who had de-

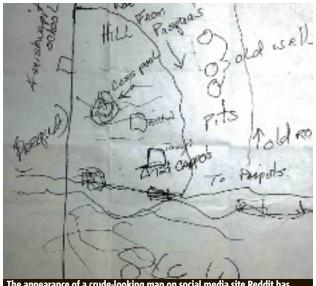
"My reason for submitting it here is because I know Reddit is famous for getting the media involved," reads the comment. "I feel that any new information on this little girl's disappearance should be out in the open."

The user explains that the unnamed grandmother fol-lowed the Keepness case and obtained the map from her late

"All she ever said was her sister in Alberta had given her a map that she (the sister) got based on visits to someone in a prison," states the comment.

MySecretIsOut also asks for anonymity as a safety precaution and claims to have contacted the RPS, RCMP and Crime Stoppers.

IACOB MORGAN/METRO IN REGINA



Regina police investigating a possible new lead in a missing person's case that captured Canadians' attention more than 10 years ago. CONTRIBUTED

### Potential damages

### **Woman suing Russell Williams** can't target military pension yet: Judges

A woman pursuing a lawsuit against convicted sex killer Russell Williams can't go after his military pension for potential damages just yet, Ontario's highest court ruled Monday.

Williams, once a rising star in the Canadian Forces, was

sentenced to life in prison in October 2010 after pleading guilty to the murders of Jessica Lloyd and Cpl. Marie-France Comeau.

He reached an out-of-court settlement with some of his victims, but a suit by sexual assault victim Laurie Massicotte remains active. However, the panel of judges allowed Massicotte to amend her statement of claim to allege that the province of Ontario violated her charter rights to security and equality when police investigated her assault in a manner which placed the value of the criminal investigation above their duty to protect" her. THE CANADIAN PRESS

### 2008 campaign

### Del Mastro found guilty of exceeding spending limits

Former Conservative MP Dean Del Mastro has been found

guilty of exceeding spending limits during the federal campaign in 2008.

Del Mastro was also convicted of failing to report a personal contribution of \$21,000 to his own campaign and knowingly submitting a falsified document. He was found guilty on a fourth charge, but that charge was stayed. Del Mastro faces a maximum penalty of one year in jail, a \$1,000 fine, and the prospect of losing his House of Commons seat.

THE CANADIAN PRESS

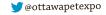




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### Nova Scotia. Mom at a loss for words about pin found in child's Haloween candy

The mother of a 14-year-old Halifax-area girl who found a pin in her Halloween candy says she is at a loss to explain to her daughter why someone would do this.

Nancy Hayes said her 14-year-old daughter, Ariane Huot, had been breaking open the chocolate bars she collected while trick-ortreating on Halloween when she found a tailor's pin in a Wunderbar on Sunday and ran to tell her mother.

"It was scary," Hayes said Monday. "It's an urban legend. I heard that when I was a teenager and it's still the same story, but to find one? It's unbelievable."

After looking at the minichocolate bar more closely, Hayes said she noticed two holes in the wrapper and assumed someone had pushed the pin into the bar until it came out the other side, then pushed it back until it was encased in the chocolate.

Hayes said she was planning on asking the Halifax Regional Police what to do about the situation on Monday, but someone saw Huot's photo of the pin on Instagram and called the RCMP, who are now investigating.

When Huot asked her



mother why someone would do something like this, Hayes said although she's an adult

"I still don't understand." "If you hate Halloween, if you hate kids, just don't open your door," Hayes said. "You don't have to injure them, put their life in danger, just to make a point. And what point, that you can't trust anyone? We already know

She also felt "lucky" Huot was older and in the ȟabit of breaking open candy before eating it, Hayes said, since a four- or five-year-old might have eaten the whole thing.

"I was pretty proud of her that she listened to me," she said. Haley Ryan/metro in Halifax

### Jun Lin murder trial

### Magnotta heard voices, doctor says

Luka Rocco Magnotta was convinced in 2005 that he was being stalked and that voices in his head told him he walked like an ape, a Toronto doctor told his murder trial

Monday. Dr. Allan Tan testified that a psychiatrist had diagnosed the accused as manic depressive and mildly schizophrenic before Tan began seeing him in 2003.

Magnotta was also taking several psychotropic medications, had been hospitalized for manic depression and was being seen by a psychiatrist, said Tan, who was Magnotta's doctor until 2009.

Tan, who was responsible for dealing with Magnotta's general health issues, testified it was in 2004 when he first noted in his files that Magnotta said he was hearing voices. THE CANADIAN PRESS

### Outbreak

### Feds to invest over \$30 million to fight Ebola

The federal government is committing an extra \$30.5 million to programs devised to shore up Canada's readiness to deal with Ebola in

this country. Health Minister Rona Ambrose says the new funding also contains an additional \$3 million to help the World Health Organization in its efforts to fight Ebola in West Africa.

The bulk of the money will be spent on research into and production of Ebola vaccine and a type of treatment known as monoclonal antibodies — \$23.5 million of the funding will go to that work.

Ambrose says \$1 million will be used to cover the cost of placing additional quarantine officers in airports, and \$3 million will be used to enhance preparedness work in Canada. THE CANADIAN PRESS

### **Ghomeshi used CBC-owned** phone to send graphic texts to women, source reveals

### Ongoing scandal.

Broadcaster claims its ownership of phone refutes ex-radio star's claim he was let go due to his 'private life'

Jian Ghomeshi used a CBCowned phone to send lewd text messages to women, a source has told Torstar News Service.

The public broadcaster believes its ownership of the smartphone refutes Ghomeshi's claim that he was fired because of how he conducted himself in his "private life."

"The contents of that phone belong to the CBC it's the CBC's property," said a source familiar with the situa-

The source says Ghomeshi lied to CBC management when he was asked "eyeball to eyeball" about allegations of violent sexual behaviour being investigated by Torstar.

Ghomeshi showed texts and other material to CBC officials to bolster his claim, but the source said they were so shocked by what they read and saw that it had the opposite

"(CBC) didn't know the scope of what they were dealing with," the source said, adding it is unclear whether CBC information technology staff have begun poring over Ghomeshi's work email account for other evidence.

It is also unclear whether

police, who announced Friday they are investigating Ghomeshi, are in possession of the phone. Toronto police spokesman Mark Pugash said police do not discuss details about an investigation.

Asked if CBC turned over the phone to police, spokesman Chuck Thompson told Torstar in an emailed statement that, "We are co-operating fully with Toronto Police Services.

Pugash said he had nothing to add to what was said at a police news conference Saturday, where it was revealed that three women have come forward with allegations against Ghomeshi.

Ghomeshi was fired on Oct. 26, after his CBC bosses saw "graphic evidence that Jian had caused physical injury to a woman," CBC has said in an internal memo.

Since then, various media outlets have published the accounts of nine women accusing Ghomeshi of harassment, physical abuse and sexual assault. One of the women, a CBC employee, alleges that on one occasion on his way out of the Q studio, Ghomeshi approached her from behind and cupped her buttocks.

Ghomeshi has said that he will meet the allegations "directly" and has maintained in a Facebook post and through a \$55-million lawsuit against the CBC that all his sexual interactions have been con-

### Polaris drops Ghomeshi from jury

The Polaris Music Prize has removed former host Jian Ghomeshi from its

Ghomeshi had been among the 200-plus journalists, broadcasters and bloggers who annually vote on the \$30,000 award, given to the best Canadian album of the previous year.



### Ghomeshi affair prompts discussion of harassment in Ontario legislature

Ontario Premier Kathleen Wynne said Monday she is "open" to studying the issue of sexual harassment in the workplace, in light of the allegations surrounding Jian Ghomeshi.

In the Ontario legislature Monday, Progressive Conservative Laurie Scott mentioned the allegations and called on the premier to strike an all-party committee to study sexual harassment in the workplace.

Wynne wouldn't commit to striking a committee, but said she is open to doing whatever needs to be done on this "very

serious and disturbing issue."

"It affects all of us in all of our work situations across society, quite frankly, and it affects every single one of us in the sense that we all have to be vigilant and not pretend that somehow this issue has been resolved because it's 2014 and we have moved on," Wynne said during question period.

"It's very real. What has happened over the last week has made it clear that it's very real and we have to continue to be vigilant in every way that we can in all parts of our lives."

Scott said the allegations against Ghomeshi are "bringing to light many other instances where complaints of sexual harassment in the workplace have not been taken seriously in Ontario."

You see with Jian Ghomeshi (allegations) that's just brought it to the news that there are still lots of problems in the workplace that need to be dealt with," she said.

An all-party committee could examine "where the system is broken," Scott said.

Tracy MacCharles, the min-

ister responsible for women's issues, encouraged victims of sexual violence to report to police, and when it comes to sexual harassment in the workplace, she said, it's important to prevent those incidents from happening in the first place.

While I can't comment on the specific case that I think we're all here because of, I think the silver lining, if there is one, is to raise that awareness of what's available and to focus on how unacceptable sexual and domestic violence is," she

said. THE CANADIAN PRESS

### ISIS

### Militants publicly execute 36 Sunnis

Islamic State of Iraq and al-Sham (ISIS) militants shot and killed 36 Sunni tribesmen, women and children in public Monday, an Iraqi official and a tribal leader said, pushing the total number of members slain by the extremists in recent days to more than 200.

Sheik Naim al-Gaoud, a senior figure in the Al Bu Nimr tribe, said the militant group killed 29 men, four women and three children, lining them up in the village of Ras al-Maa, north of Ramadi in Anbar province.

The tribal leader said 120 families were still trapped there. THE ASSOCIATED PRESS

#### Accidental shooting

### Boy, 4, shoots sister, 3, in head

Police say a three-year-old Ohio girl is in critical condition after being shot in the head by her four-year-old brother, who found a gun in a dresser.

The shooting occurred around 10 a.m. Sunday in Lorain, about 48 kilometres west of Cleveland. Police say the two children were playing alone in a bedroom when the boy found a loaded .40-calibre handgun.

A police report says the father was holding the three-year-old girl in his arms when officers arrived. The report says the fouryear-old boy was crying and repeatedly told an officer he was sorry. The associated press

### Costa Concordia

### Dismantlers find remains believed to be those of missing waiter

The company dismantling the Costa Concordia cruise ship says workers have discovered human remains believed to be those of the last missing crew member.

The Ship Recycling company said the remains were found Monday in a cabin on the ship's eighth deck. The remains were being turned over to Italian authorities for identification.

The Concordia capsized after hitting rocks near a Tuscan island in January 2012, killing 32 people. All have been accounted for except an Indian waiter. THE ASSOCIATED PRESS



### Russia removes Jobs memorial

A girl touches the screen showing a portrait of Steve Jobs on the recently erected memorial to late Apple Corp. co-founder in St. Petersburg. The six-foot-tall interactive memorial at Techno Park at the St. Petersburg National Research University of Information Technologies, Mechanics and Optics has been taken down in response to last week's announcement that the CEO of Apple, Tim Cook, is gay.

DMITRY LOVETSKY/THE ASSOCIATED PRESS

### Moms with HIV did not give consent to be sterilized: Court

Namibia. Top court upholds 2012 ruling that health workers coerced HIV-positive mothers in labour to sign sterilization forms

Namibia's Supreme Court upheld a ruling that health workers sterilized HIV-positive women without their consent, a human rights group said Monday.

The 2012 judgment that was upheld had found health workers had coerced three HIV-positive mothers to sign sterilization consent forms they did not fully understand, and while they were in labour, the Southern Africa Litigation Centre said.

The centre said the ruling sends a message to the government to stop the practice in the southwestern African nation, and elsewhere.

"This decision has farreaching consequences not only for HIV-positive women in Namibia but for the dozens of HIV-positive women throughout Africa who have been forcibly sterilized," Priti Patel, the centre's deputy director said in a state-

Sterilization is a drastic tactic to treat HIV-positive women, as mother-to-child transmission of HIV and AIDS can be prevented with medication.

Namibia's high court will assess how much money the three women should be awarded, according to the centre. The women had all sought care at government hospitals in Namibia while in labour. One woman signed a form that used only

Forced sterilization

Since the case was filed in 2009, dozens of women have told stories of similar experiences at public hospitals.

- Namibian Women's Health Network. The organization first began documenting allegations of forced sterilization in
- 250,000 Namibians infected. Ten per cent of the population are living

acronyms to describe the procedure, while another signed after being told she didn't have a choice, the centre said.

THE ASSOCIATED PRESS

### Sierra Leone. Fifth doctor dies of Ebola, UN moves to double staff in region

A doctor in Sierra Leone has died of Ebola — the fifth local doctor in the West African nation to die of the disease, authorities said Monday.

The death of Dr. Godfrey George, medical superintendent of Kambia Government Hospital in northern Sierra Leone, was a blow to efforts to keep health-care workers safe.

George's death was announced by Dr. Brima Kargbo, Sierra Leone's chief medical officer. Doctors and nurses have been particularly vulnerable to contracting Ebola, as the virus is spread through bodily fluids.

At the United Nations in New York, Ebola coordinator Dr. Peter Salama of UNICEF said

the UN children's agency would double its staff from 300 to 600 in Guinea, Liberia and in Sierra Leone, where children make up 20 per cent of all Ebola cases. About 4,000 children have been orphaned by Ebola, he said.

More than 5,000 people have died during the outbreak, with twice as many infected.

Sierra Leone's health-care system was already fragile before the Ebola epidemic because of past conflict and a lack of resources. The country had two doctors for every 100,000 people in 2010, compared to about 240 doctors for the same number of people in the United States, states the WHO.

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Monday from the disease. TANYA BINDRA/THE ASSOCIATED PRESS

metronews.ca Tuesday, November 4, 2014 metr⊕ **BUSINESS** 

### Is it the beginning of the end for the concierge?

Hotels don't want guests to have to linger at the front desk or even stop by at all.

New programs are helping speed up the check-in process for busy travellers, or in at least one case, letting them go straight to their rooms by using their smartphone to unlock doors.

The innovations are still being tweaked as hotels scramble to catch up to airlines. Flyers today use their phones to check in, select seats and serve as a boarding pass. Hotels envision a similar relationship, with guests ultimately ordering poolside drinks via an app.

Starwood Hotels and Resorts on Monday became the first chain to let guests unlock doors with their phones. The feature is available at only 10 Aloft, Element and W hotels but will expand to 140 more properties in those brands by the middle of next year.

Hilton Worldwide is the only other hotel chain to publicly acknowledge plans for mobile room keys — which it



es Square hotel in New York is among the hotels now ring with a mobile check-in option. KATHY WILLENS/THE ASSOCIATED PRESS FILE

plans to roll out at the end of 2015 at some U.S. properties. Hilton won't say how many hotels will be included, except that the service will be available at four of its brands -Hilton, Waldorf Astoria, Conrad and Canopy.

"Guests want this because it makes their lives simpler," says Mark Vondrasek, who oversees the loyalty program and digital initiatives for Starwood. "The ability to go right to your room gives them back time."

Other hotel companies are finding other ways to stream-

Managing Celiac disease

may be more than just a gluten-free diet.

line the arrival process.

Marriott International launched the ability to check in through its app at 330 North American hotels last year. By the end of this year, the program will be live at all 4,000 hotels worldwide.

When a room becomes available, a message is sent to the guest's phone. Traditional room keys are pre-programmed and waiting at the front desk. A special express line allows guests to bypass crowds, flash their IDs and get keys. The associated press



### **New World Trade Center rises from** ashes in N.Y.C.

**Post-9/11.** Skyscraper now open for business in Lower Manhattan. following the terrorist attack 13 years ago

Thirteen years after the 9/11 terrorist attack, the resurrected World Trade Center has opened for business marking an emotional milestone for both New Yorkers and the nation.

Some staffers of publishing giant Condé Nast began working at 1 World Trade Center on Monday. The 104-storey, \$3.9-billion US

### Iconic skyline

"The New York City skyline is whole again, as 1 World Trade Center takes its place in Lower Manhattan."

Patrick Foye, executive director of the Port Authority of New York and New Jersey, which owns both the building and the World Trade Center site

skyscraper dominates the Manhattan skyline. The publishing giant becomes the first commercial tenant in America's tallest building.

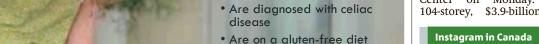
It's the centrepiece the 16-acre site where the decimated twin towers once stood and where more than

2,700 people died on Sept. 11, 2001, buried under smoking mounds of fiery debris.

Patrick Foye, executive director of the Port Authority of New York and New Jersey, which owns both the building and the World Trade Center site, said the agency began moving into neighbouring 4 World Trade Center last week.

He said 1 World Trade Center "sets new standards of design, construction, prestige and sustainability; the opening of this iconic building is a major milestone in the transformation of Lower Manhattan into a thriving 24-7 neighbourhood."

THE ASSOCIATED PRESS



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### Fast, beautiful way to share ads?

Facebook's popular Instagram photo-sharing app will start running ads in Canada soon.

Some users may have already seen a message from Instagram with a heads-up that advertisements will soon be displayed in their

It was about a year ago that Instagram started sprinkling ads into user streams in the U.S.

THE CANADIAN PRESS

### Shomi the catch ...

### Streaming service only for Rogers, **Shaw customers**

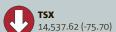
The new streaming service Shomi is being launched by Rogers and Shaw today. Seen as a competitor to Netflix, Shomi will debut with nearly 12,000 hours of content to stream - mostly TV shows — for \$8.99 a month.

Only Rogers and Shaw customers can sign up for the service at first.

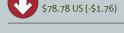
THE CANADIAN PRESS

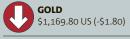
### **Market Minute**











**Natural gas:** \$4.04 (+\$0.03) **Dow Jones:** 17,366.24 (-24.28)

### DON'T BE MIFFED THAT I BROUGHT A GIFT

I hate to brag, but I think I've mastered the art of attending other people's weddings.

I arrive on time to bridal showers and make small talk with great aunts. I know to buy the expensive cards with 3D paper designs (none of that dollar-store crap). I post an appropriate amount of Instagram snapshots and always remember to include the official wedding hashtag.

Yes, I'm kind of a pro when it comes to watching couples tie the knot. But there are three little words that still throw me off no matter how many nuptials I attend: "monetary gifts appreciated."

As the 2014 wedding season draws to a close, I've noticed that these cash requests are becoming an increasingly popular trend for modern brides and grooms.

And it makes sense, of course. With so many couples marrying later on in life and living together before they walk down the



SHE SAYS

metronews.ca

**Jessica Napier** 

aisle, traditional household items are usually already taken care of, which makes cold hard cash the more practical and desirable gift.

And yet there's just something about giving cash at a wedding that makes me uncomfortable. It's like saying: "Congratulations, you guys. I love you this exact dollar amount and not a penny more"

Couples often choose to dress up their money grab as a collection fund for a meaningful goal, such as a honeymoon or a down payment.

Some even send out an "ask for cash" poem along with their invites. The cutesy verses are designed to nudge guests into pulling out their cheque books rather than buying a toaster oven: "Thanks for coming to our bash; instead of gifts,

please bring us cash!"
But even if you make it rhyme; cash demands seem out of line.

A big fat cheque might make you happy; I just think it's awfully

tacky. And if I decide to bring a gift, it really shouldn't make you miffed.

I get it. Weddings aren't cheap, and financially savvy couples are smart to try and get a return on investment from their friends and family.

However, there's something a bit crass about slapping "no boxed gifts" and other not-so-subtle suggestions on your wedding invite.

Perhaps I'm in the minority here. Writing a cheque is certainly easier and less time-consuming than spending the afternoon at Pottery Barn combing through a gift registry.

But I just hate feeling like I'm paying an admission price to watch a couple say, "I do."

I'm happy to cough up hundreds of dollars in wedding-related costs for close friends and family.

But when I do, I want to buy something meaningful to commemorate the couple's special milestone. I don't want to stuff a wad of bills into an envelope to help them pay off the DJ at the end of the night.

### The donkey barber



Mohamed Mustafa, right, clips the mane of a donkey as his father, Mahmoud, left, holds an ear at their makeshift barbershop in Cairo, Egypt. Mahmoud is one of Cairo's donkey barbers, a unique trade in the region, an expert in trimming and styling horses, camels, mules, sheep, goats, dogs and donkeys.

### Bringing beauty to beasts of burden

In the shadow of Cairo's medieval aqueduct, Mohamed Mustafa teaches his five-year-old son the family's trade, one shear at a time.

Mohamed is one of Cairo's donkey barbers, an expert in trimming and styling horses, camels, mules, sheep, goats,

dogs and donkeys. He is a thirdgeneration qassasseen, the Egyptian Arabic term for animal barber, and his grandfather worked in Cairo's Abdeen Palace.

Mohamed's father, Mahmoud, taught him the trade and now, near Old Cairo along the road following the aqueduct, he teaches the craft to his son Mustafa.

It is a profession often looked

down upon in Egyptian society, as he works with the beasts of burden that still roam modern Cairo's streets, pulling carts filled with vegetables or loads of trash from neighbourhoods.

But workers rely on the animals and take pride in them, getting them haircuts or having their fur shaved with designs or their initials ahead of major holidays.

THE ASSOCIATED PRESS

#### Dangerous work

Mohamed traces to a scar across his right jaw with a finger missing its first joint.

 "One horse bit my finger off, another horse hit me here," Mohamed says, pointing to a scar on his jaw.

#### MetroTube

### Taking the Internet by storm



There's a lot to be said for natural talent, and this kid has got it. Asked to guest-host the Halloween night weather forecast on WGN Chicago's **Friday Forecasters** segment, your boy here showed up dressed like Lionel Messi and ready for prime time. (WGN News/ YouTube)



#### Twitter

We asked readers to write a caption for this penguin robot photo:



**@VanstoneL:** Okay, this new guy has wheels... but can he dance? #HappyFeet

**@thejimpster:** And whatever caption wins.. PLEASE get Morgan Freeman to read it. #MarchOfTheRobotPenguins

Check out the other answers

@metropicks.

### SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 17 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

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12 SCENE metronews.ca Tuesday, November 4, 2014

#### DVD review



### A Most Wanted Man

Director. Anton Corbijn

Stars. Philip Seymour Hoffman

. . . .

Philip Seymour Hoffman tragically died of a drug overdose in February, days after the premiere of Anton Corbijn's A Most Wanted Man, a spy thriller based on a John le Carré novel.

Hoffman leaves us with a quality film that showcases his tremendous depth and range as an actor. He's convincing in both voice and bearing as Günther Bachmann, chief of a German anti-terrorist squad in Hamburg, the port city where the Sept. 11 attacks were hatched. He's determined to prevent another such disaster.

More of an espionage procedural than standard-issue spy thriller, A Most Wanted Man doesn't always make the best use of its impressive cast including Robin Wright, Rachel Mc-Adams and Willem Dafoe.

### The One I love

Director. Charlie McDowell

Stars. Mark Duplass, Elisabeth Moss

• • • •

You might imagine you're hearing The Twilight Zone theme throughout The One I Love, and there's no surprise when a reference is made to it.

Mark Duplass is Ethan, the dull husband of Sophie, played by Mad Men's Elisabeth Moss. The couple used to do wild things together, but time, and Ethan's cheating, has tamed their life and dimmed their life and dimmed their passion. They're offered a chance to "reset the reset button" by their marriage counsellor (Ted Danson), who sends them to a private retreat that has done wonders for clients.

Director Charlie Mc-Dowell and screenwriter Justin Lader raise both smiles and pulses with their impressive feature debut. PETER HOWELL

# New country artist nominee takes the road less travelled

Music. Dark horse singer-songwriter Brandy Clark finds her own path to CMAs

The year's most buzzed-about new country artist is one most country fans may never have heard on the radio.

Brandy Clark, an openly gay artist who sings, amongst other things, about pot-smoking housewives, had almost given up on becoming performer herself, despite writing hits for headliners like The Band Perry and Miranda Lambert. But her debut album, 12 Stories, which peaked at No. 23 on Billboard's Top Country chart, took her on a slow-burning path to this year's nomination for new artist of the year at the Country Music Association Awards on Wednesday.

"I had been passed on a lot," said Clark, 37, during a recent interview at her management office on Music Row in Nashville. "I think it's because I didn't really fit what is a mainstream country artist. I was over 30 and over a size 2. I was kinda more your average woman than your average supermodel, which is why my music resonates, though."

To call her a dark horse in the awards show is somewhat of an understatement. She's the only female artist in the new artist category and her album didn't get one single on the country charts. While the rest of country music is awash in good-time party feelings, she's singing dark,



#### Quoted

"I didn't really fit what is a mainstream country artist ... which is why my music resonates though."

Brandy Clark

edgy tales about infidelity, divorce, murderous lovers and painkiller addiction.

Clark also shares a songwriting nomination with Kacey Musgraves and producer/ songwriter Shane McAnally for song of the year for Follow Your Arrow, a song that was censored during last year's television airing of the CMA Awards for a mention of "roll up a joint."

"Like I said early on to my

manager, my music is Showtime and HBO," Clark said. "And I'm going to always keep it Showtime and HBO."

But she's also got a lot going in her favour. 12 Stories, which came out in 2013 on the independent label Slate Creek Records, was named one of the year's best albums by several national music critics and Warner Bros. plans to re-release it. Her most vocal supporters are heavy hitters like Musgraves and Eric Church, for whom she's currently opening on tour.

"I think with or without a nomination, what Brandy does is so strong on its own that it can't help but reach people," Musgraves said in an email interview. "It's just too good. But it makes me really happy to see people like her getting the recognition and nominations that are so wildly deserved for our genre."

And while Clark is not the first gay artist to be nominated — most notably singer Chely Wright had multiple CMA nominations before coming out in 2010 — Clark said if people want to believe she's breaking down boundaries in country music, she's glad to take on that role.

"I feel so fortunate to be in a time where I am embraced completely as who I am and I don't have to hide who I am in any way," Clark said. "I hope that we've broken some boundaries and things are changing. I feel very included in the country music community." THE ASSOCIATED PRESS

### Streaming. Taylor Swift breaks up with Spotify

Like most days as of late, today is an important one if you're a Taylor Swift fan. First, the singer not only announced all the dates of her North American tour, but also that the opening act will be singer-songwriter Vance Joy. But she also unexpectedly pulled all her music off of Spotify, the popular music-streaming service.

When Swift released 1989 last week, Spotify users could stream the album without buying it. Not anymore. And Spotify is not happy about it. The company released the following statement about the breakur.

"We love Taylor Swift and



our more than 40 million users love her even more ... We hope she'll change her mind and join us in building a new music economy that works for everyone. We be-

lieve fans should be able to listen to music wherever and whenever they want, and that artists have an absolute right to be paid for their work and protected from piracy. That's why we pay nearly 70 per cent of our revenue back to the music community.

PS — Taylor ... there's more than 40 million of us who want you to stay, stay, stay. It's a love story, baby, just say, Yes." Spotify is also attempting to woo her back with specially curated playlists. But surely Swift gets it. This isn't her first breakup.

EMILY LAURENCE/

### Taylor Swift's Canadian dates

Taylor Swift is coming to Canada, but not until 2015.

- July 6: Ottawa at Canadian Tire Centre.
   July 7: Montreal at Bell Centre.
   Aug. 1: Vancouver at B.C. Place Stadium.
   Aug. 4-5: Edmonton at Rexall Place.
   Oct. 2-3: Toronto at Rogers Centre.
- Opening acts: Shawn Mendes and Vance Joy.

metronews.ca Tuesday, November 4, 2014



## Orlando, Selena and Justin: Who's dating who again?

It's been a bit since Selena Gomez's well-intentioned friends have expressed their concern about her attachment to on-again, off-again boyfriend Justin Bieber, so let's refill that tank, alright?

Gomez is supposedly dating noted Bieber sparring partner Orlando Bloom now, but her friends are worried her heart isn't really in it. "She is absolutely not into Orlando, because she is still obsessed with Justin and always will be," a source tells Radar Online. "Everyone is really sick of hearing the same old story. Nothing changes with them. She gets back with him, he lies, he gets caught, she gets upset and then tries to make him jealous. She needs to just let go." Or maybe these friends need to take their own advice.

### Surprise! Thor co-stars are in Avengers sequel after all

Avengers: Age of Ultron is apparently going to be an all-hands-on-deck kind of affair. Idris Elba let slip in a recent interview that he and Thor co-star Tom Hiddleston had filmed a scene for the superhero sequel with Chris Hemsworth.

"I'm in Avengers," Elba tells the Telegraph. "And I'm doing a scene with Chris Hemsworth and Tom Hiddleston and they're like, (whispers) 'Aren't you (meant to be DJing) in Ibiza?'"

It sounds like it's just a cameo, which makes sense and wouldn't necessarily mean Hiddleston was lying when he told me a year ago that Loki wasn't going to be in the Avengers sequel, which didn't even have an official title at that point anyway. "It was expected, to be



honest, that Joss (Whedon) told me he wasn't going to put me in it," Hiddleston said at the time. So then I'd imagine hearing the opposite came as something of a surprise.

### METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



### Heigl goes from rude to reasonable



NED EHRBAR Metro in Hollywo

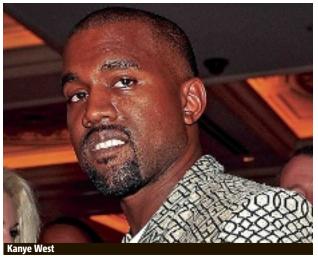
Katherine Heigl has a new TV series debuting in a couple of weeks, which means she's doing lots of publicity — which in turn means she has to deal with a lot of media and fan inquiries about her "difficult" reputation. Like in a recent Facebook Q&A session when a fan asked Heigl about "rumors that you're very rude."

Boy, this should be good. "Yeah I've heard those too," Heigl responded. "Honestly, I don't think I am. Nothing makes me more uncomfortable than confrontation or hurting someone's feelings, and I would never, ever actively do so on purpose.

"Of course, just like any human being, I've made mistakes and unwittingly or carelessly spoken or acted, but I always try to make any wrong right.

"That doesn't mean I won't stand up for myself by drawing boundaries and asking to be treated kindly and respectfully, but I don't do that with any rude or unkind intentions, just with the same strength and honesty I think every one of us is entitled to."

Dang it, if she's going to keep being so reasonable, this isn't going to be any fun. Now what do I do? Mock her for ending a sentence with a preposition? Sheesh.



## Guess which hip-hop star thinks he's the Lord Grantham of L.A.?

Kanye West wants to name his new, \$20-million US Los Angeles home after the fictional home on Downton Abbey. Because of course he does. West, a noted master of subtlety and understatement, "wants the home to resemble Downton in its grandeur and regalness, and there will be a sign naming it Highclere

Castle," a source tells the Sun. "Kanye loves calling (wife Kim Kardashian) 'lady.' He basically thinks he's an even cooler version of Lord Grantham."

It could be worse, I suppose. Just imagine if he'd been watching a lot of He-Man instead and wanted to call it Castle Grayskull.

### How to get uninvited from a Hollywood baby shower

Social media can be a tricky thing when it comes to pregnancy. The last thing you want is a friend beating you to the punch in letting the world know, but that may be what happened to Jessica Biel.

Weeks of speculation that she and Justin Timberlake are expecting were seemingly confirmed when Biel's pal, InStyle editor-in-chief Ariel Foxman, posted an Instagram photo of her and Biel together with the caption, "Congrats @jessicabiel on your impending motherhood. Looking forward to the



red carpet maternity style pix to come."

The post was soon removed, but not before a lot of people noticed. Looks like someone's been disinvited to the baby shower.

### Twitter



#### @ElizabethHurley

Early evening in Mumbai and the view across Marine Drive is as magical as ever.



#### @pattonoswalt

CBS passed on my "weightlifter & herbal laxative CEO team up to fight crime" pitch. DM me if you wanna read the pilot for "Pump & Dump."



### @KellyOsbourne

#ThatAkwardMoment When you're watching TV with your dad & a sexy erectile dysfunction commercial comes on! #Silence



LIFE metronews.ca Tuesday, November 4, 2014











### Super body secrets

### Cosmetic procedures.

The number of men going under the knife has increased

**EVA** 

Metro in New York City

Between the uber-sculpted uniform of Batman to the bona fide god Thor having his own franchise, pressure is ramping up on Hollywood's leading men to look capable of the feats their characters perform.

But while action stars talk up their gruelling training and special diets, there may well be another kind of body-shaping professional whose work will go unacknowledged, says Dr. Brent Moelleken.

The Beverly Hills plastic surgeon took part in Superhero Bodies, a new documentary by RealSelf, the online community for elective surgery, about how the demands of modern superhero roles are pushing actors to their physical limits — and the effect that's having on men.

The number of cosmetic procedures being performed on American men has risen 273 per cent in the last 16 years, according the American Association of Aesthetic Plastic Surgery, with liposuction and ab-sculpting being the most common in 2013.

"The trend toward being ultra-fit is more so there than ever," he says. "It used to be a man could get by with a pot belly and graying sideburns and look distinguished. But now that's not enough — in order to make it in Hollywood, you have to be cut. That really mirrors what's going on in society."

We asked Moelleken about where fantasy begins.

How real is what's onscreen? Celebrities are a fantasy. These celebs have a whole entourage around them that depend on

maintaining that image. You have to be realistic in

#### surgical expectations, right?

We can improve on what you have, but we can't make you into Hugh Jackman if you're not already close to Hugh Jackman to begin with.

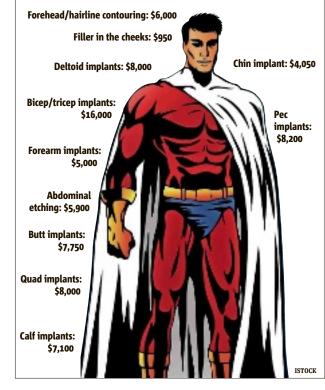
#### For some stars, can steroids and human growth hormone also enter the picture?

They're willing to do anything to succeed, and that's an important lesson for people who are aspiring to have bodies like the superheroes. There may be a price to pay for that, in degeneration of your health, kidney problems, hip problems. Long-term steroid use is very hard on you.

#### What is driving ordinary men to get plastic surgery?

Almost every job has a sales component to it. You walk into a room and people are assessing you — and usually the people at the table assessing you are in their 30s now. If you walk into the room looking old and irrelevant, you're not gonna get that job.

According to an estimate from RealSelf, the online community for cosmetic surgery, the average man would need 11 procedures adding up to \$76,950 US to get the modern superhero look, from the strong chin to bulging quads.





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metronews.ca Tuesday, November 4, 2014

### Reach into the fisherman's net for a warming catch of the day

**Health Solutions** 

### Master a nourishing meal with these tips



NUTRI-BITES DHN, RNCP

The French dish called bouillabaisse serves up a brothy stew chock full

I had the distinct pleasure of enjoying the Italian-American version called Cioppino at Geraldine Bistro in Toronto. This version, set in a tomato-white wine broth was topped with a homemade mayo that rounded out the flavours.

Eaten with a spoon so that each piece of soft, tender fish can be slurped and each mussel enjoyed, the remaining broth is meant to be dipped into using hearty, chewy bread.

Can you think of any more nourishing, comforting fall meal? Me neither.

Here are some tips for making your own at home.



· Start with a hearty jarred tomato sauce. It will create the foundation.

 Cook onions in a hot skillet and deglaze the pan with a good, sweet-ish white wine and reduce by boiling to reduce and concentrate the flavours and eliminate the alcohol.

 In the absence of fish stock, use clam juice, but be careful not to simmer to reduce any further. It can be quite salty.

 Cook any shellfish in broth, covered first and then top with fish. Cover to semi-simmer, semi-steam.

• Choose at least three different kinds of fish and feel free to ask for any trims and end cuts to economize. You don't need large pieces, just mouthfuls.

• A homemade mayo is simple, but choose the best jarred version you can find, containing real ingredients, and stir in fresh minced garlic to fake it.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO, SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT



This recipe serves four. THERESA ALBERT

**THERESA ALBERT** 

This dish comes together in about 20 minutes and is a great way to get a bowlful of brain boosting omega-3s and essential lycopene from tomatoes.

1. Sauté onions and garlic in olive oil for 5 minutes. Add white wine and boil for 5 minutes uncovered. Add tomato sauce, basil and clam broth. Cover tightly, bring to a boil.

2. Add mussels and simmer covered for 5 minutes. Add remaining fish, cover and cook for 5-8 more minutes. Meanwhile, mix topping ingredients.

### Ingredients

- 1 medium onion, chopped
- 1 garlic clove, minced
- 1 tbsp extra virgin olive oil • 1/2 cup white wine
- 2 cups tomato sauce
- 1/4 tsp dried basil
- 2 cups clam broth
- 8 mussels, shelled • 8 raw shrimp
- **3.** Divide into large bowls and
- 1/2 lb cod fillet (or other firm white fish)

**FINISH** 

20 MINUTES

- 4 oz salmon fillet
- Topping
- 1/4 cup mayonnaise
- 2 tbsp plain Greek yogurt • 1 clove fresh garlic, minced
- 1 tbsp fresh lemon juice
- Pinch cayenne pepper

(@THERESAALBERT ON TWITTER AND top with topping. THERESA ALBERT FOUND AT MYFRIENDINFOOD.COM)

### Crostini with meaty textures

Looking for a great appetizer? How about classic crostini?

This recipe calls for salting and draining eggplants and tomatoes, an essential step to remove excess water and produce not only a meatier texture, but also concentrated flavour. Roasting vegetables caramelizes their natural sugars, further deepening the flavours. The result is rich.

The naturally sweet Eggplant-Tomato Črostini gets tied together with balsamic glaze and Parmesan.

**1.** Heat the oven to 450 F. Line a rimmed baking sheet with foil and coat with cooking spray.

2. In skillet over medium heat, cook onions with drizzle of oil and a pinch of salt, stirring regularly until caramelized, 20 minutes. If onions begin to stick, add a teaspoon of water.

3. Meanwhile, in a mesh strainer over the sink or a bowl, combine the eggplants and tomatoes. Sprinkle in several hefty pinches of salt, then toss lightly. Allow to sit for 15 minutes to drain excess liquid. Spread the mixture on the prepared baking sheet and drizzle with olive oil. Roast for 15 to 18 minutes, or until tender and browned.

**4.** In bowl, combine eggplant, tomatoes and caramelized onions. Spoon mix onto slices of toasted French bread, then drizzle with balsamic glaze and sprinkle with black pepper. Top with some of Parmesan cheese and watercress. Serve immediately. The associated press

### Ingredients

- 2 large yellow onions, quartered and sliced
- Extra-virgin olive oil
- 2 small eggplants, diced
- 1 pint cherry tomatoes, halved
- Toasted, sliced French bread
- Balsamic glaze, to serve Ground black pepper
- . Parmesan cheese, to serve
- . Watercress, to serve



Tuesday, November 4, 2014

# The Lazar Question about to be answered by Sens



Curtis Lazar in action against the Blackhawks on Thursday in Ottawa. The rookie has been a solid option for the Sens so far this year, and is eager to learn whether he's staying in Ottawa or going back to Edmonton for the remainder of the season. Jana CHYTILOVA/FREESTYLE PHOTOGRAPHY/GETTY IMAGES

### Nine games up.

Future looks bright for confident rookie, but is he staying?

Will he stay or will he go? Curtis Lazar will finally get an answer this week.

The Ottawa rookie is expected to play his ninth game Tuesday night against the Detroit Red Wings, forcing the Senators to make a decision on the young centre's future.

The options are clear. The 19-year-old Lazar can either remain in the NHL or return to the Western Hockey League's Edmonton Oil Kings.

After eight games, Lazar has made a strong case for himself to remain in the NHL. He has just two assists, but hasn't looked out of place and on many nights has been one of Ottawa's better players.

Over the course of the eight games, Lazar has played at wing and centre and killed penalties. He's even been out on the ice in the dying minutes of a close game.

Lazar is aware of the significance of Tuesday's game, but is trying not to overthink it

"I approach it like another game and I know a decision's going to have to be made and it's sort of my last chance of an audition," Lazar said. "If I think about that, then it's not going to be beneficial to myself. I just have to go out and play and whatever happens, happens."

Lazar knew coming in he would be facing this situation, but as the deadline approaches he would rather know his fate sooner rather than later.

"I kind of want to get it out of the way," he said. "I kind of want the decision done where I can get a feel of where I'm going to be this season for the most part and get comfortable because I still have that in the back of my mind. I could be going back to junior or I could be staying here. I don't know. It's up in the air. It sort of weighs on your mind a little bit, but nothing I can control, so I just go out there and play my game and wait for the decision."

The Senators are currently carrying two extra forwards. Most nights Erik Condra and Colin Greening have found themselves the odd man out.

With four games this week, head coach Paul Mac-Lean said it's likely everyone will get an opportunity to play, but some decisions will have to be made to solidify the roster.

"We're getting to the point where we have to play our best team and decide what our best team is," MacLean said. "Condra and Greening obviously have to be in that consideration with our group. And those are the discussions that we're continuing to have, but also it comes to the point that, the tenth game, you have to play your best team too."

MacLean has been reserved in his evaluation of Lazar's play to this point.

"We have to make the decision what's based best not only for our team, but also for him," MacLean said. "He's still a young man and we have to make sure he's in the proper environment to grow into the player that we all see him potentially being."

With games against Detroit, Minnesota, Winnipeg and Toronto this week the Senators (5-3-2) will face their first significant test.

Overall the organization seems satisfied with the team's performance after ten games, but there is definitely room for improvement as evidenced in a 4-2 loss in Boston on Saturday.

"I think we've been good," said captain Erik Karlsson. "I think the record we have, we're happy with it, we're happy where we are. We had a letdown game in Boston, but that's the way it's going to be sometimes. Luckily we play (Tuesday) and I don't think that's going to affect us any way. Win or loss, we just look ahead and to the next game."

Karlsson doesn't believe the team has played its best hockey yet, but also said "we're not supposed to do that yet either."

THE CANADIAN PRESS

### Not giving it away

"He's been very consistent and he hasn't done anything for us not to keep him."

Head coach Paul MacLean

### Super Series a path to selection camp

Keeping up with the pace and playing solid two-way hockey will count for more than scoring goals at the Subway Super Series, says the head coach of Canada's team for the World Junior Hockey Championship.

Benoit Groulx considers the six game series that pits Canada's major junior leagues against a visiting team from Russia as a prime chance to evaluate players and decide who will be invited to the team selection camp.

"First of all, we're going to face a very good Russian team,"

Groulx said Monday. "It's an opportunity for our guys to show us how they can adapt to that level and the style of hockey we want to play.

"It's not about showcasing themselves by scoring goals or only playing one way. It's about playing our style. It's a great opportunity for us to see who can adapt to that level of hockey."

There is extra attention on the Canadian team and its star attraction, Connor McDavid of the Erie Otters, with the world juniors to be held Dec. 26 to Jan. 5 in Montreal and Toronto. Canada has not won gold since 2009 in Ottawa.

The Super Series has an allstar team from the Western Hockey League facing the Russian national juniors Nov. 10 in Saskatoon and the following night in Brandon, Man.

The Ontario Hockey League stars play them Nov. 13 in Peterborough and Nov. 17 in Kingston, while the Quebec Major Junior Hockey League faces the Russians Nov. 18 in Bathurst, N.B. and Nov. 20 in Rimouski, Oue.

THE CANADIAN PRESS



Erie Otters' Connor McDavid, right, is Canada's star attraction for the worl juniors coming up over the new year. DENNIS PAJOT/GETTY IMAGES FILE

metronews.ca Tuesday, November 4, 2014 **SPORTS** 

# Melky money: Cabrera Jays' top off-season target

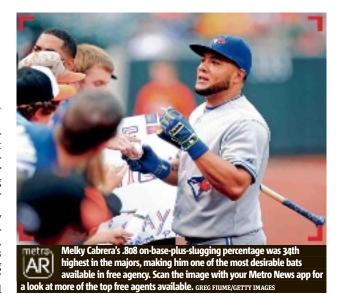
MLB. Left-fielder tops Toronto's list, but free agency cost for Dominican could prove too high for Toronto

Starting Tuesday, Melky Cabrera will begin to find out what he's really worth and the Toronto Blue Jays will have a better idea of whether they can hang on in the bidding for the freeagent outfielder's services.

Although MLB free agency technically opened at the conclusion of the World Series, negotiations with new teams only begin in earnest following a five-day "cooling-off period, during which time potential suitors can only discuss general interest without exchanging

So Tuesday could be a pivotal day in setting forth how the Jays' off-season shapes up.

General manager Alex An-



thopoulos suggested over the weekend that he and Cabrera's agents were "far apart" and that it would likely take offers from other teams to bring them closer together. He reiterated those points Monday morning on Sportsnet radio.

"It may be one of those things where (Cabrera) needs to go out and see what the offers are to really find out what

Before breaking his finger sliding into a base at the beginning of September, Melky Cabrera was on his way to becoming just the sixth Blue Jay ever to reach the 200-hit plateau. His .301 batting average was tops among Jays and 14th highest in the majors.

his worth is," Anthopoulos said. "No one knows what his true market value is because there really isn't anybody to compare him to."

Re-signing Cabrera is the Jays' top priority and is part of the reason they traded Adam Lind and his \$7.5-million contract to the Milwaukee Brewers on Saturday. Cabrera has expressed a desire to return to Toronto — he fits well in the Jays' clubhouse and lineup - but the 30-year-old Dominican is not going to take a discount to stay. He may, however, give the Jays the opportunity to match an offer. Torstar News Service

MLB

### Twins turn to Molitor to turn around fortunes

The Twins hired Paul Molitor as manager on Monday, giving the Hall of Fame infielder and Minnesota native a threeyear contract with a team coming off four straight seasons of 92 or more losses.

THE ASSOCIATED PRESS

MLB

### **Maddon takes** reins at Wrigley

Joe Maddon was introduced Monday as the Chicago Cubs' fifth manager since the start of the 2010 season and given a \$25-million, five-year contract.

Chicago's front office had planned to bring back Rick Renteria until Maddon opted out of his contract with the Rays last month. THE ASSOCIATED PRESS

NBA



"I feel like I am a much better player and a much

better leader. I try to really lead by example and lead by my voice every day."

Chris Bosh who is flourishing with the post-LeBron James Miami Heat so far this season. The power forward is averaging 25.7 points, 11.3 rebounds and four assists through three games — he had 21 points, 11 boards and four assists in a 107-102 win over the Toronto Raptors on Sunday night. Bosh was named Eastern Conference player of the week Monday

Rugby

### **Barbarians select Canadian** pair

Jason Marshall (North Vancouver) and Sean Duke (Vancouver), following in the footsteps of former Canadian rugby captains Gareth Rees, Al Charron and Mark Wyatt, have been selected to play for the prestigious Barbarians against the Leicester Tigers on Tuesday.

The Barbarians are an invitational side featuring players from across the globe and known for their attractive, free-flowing style of play. Tuesday's game in Leicester, England is part of their 125th anniversary.

The squad against the Tigers will include players from Australia, Canada, England, Ireland, New Zealand, Samoa, Scotland and South Africa.

THE ASSOCIATED PRESS



### Tennis

### Luck of the draw not with Raonic

Canadian Milos Raonic was given a tough draw Monday for the upcoming Barclays ATP World Tour Finals.

Raonic, from Thornhill, Ont., is in Group B with Switzerland's Roger Federer, Britain's Andy Murray and Japanese newcomer Kei Nishikori.

Raonic qualified for the London event after a strong showing at last week's Paris Masters. THE ASSOCIATED PRESS

### Hype is Real in Europe

Cristiano Ronaldo needs one goal to match the Champions League's all-time record when Real Madrid hosts Liverpool on Tuesday. Here's a look at some European storylines going into this week's action:

THE ASSOCIATED PRESS Photos by Getty Images



### Ronaldo unbound

Ronaldo has scored in 12 straight appearances in all competitions for Real Madrid. His goal on Saturday, in a 4-0 rout at Granada, made him the first Madrid player to score in eight straight Spanish league games.

Liverpool was outclassed 3-0 in the first meeting and will face an even tougher task Tuesday, with Madrid playing its best football since the arrival of coach Carlo Ancelotti last season.

Real Madrid has outscored opponents 46-7 during an 11game winning streak.

### Suarez back at Ajax

Luis Suarez established his checkered reputation when playing for Ajax, scoring 81 goals from 2007-11 while also earning his first of three suspensions for biting.

Now Suarez returns to Amsterdam to face Ajax Wednesdsay with his new club Barcelona struggling.

"I'm grateful to be able to go back, (Ajax) is a team that gave me a lot

and helped me grow," Suarez said after Barcelona was upset 1-0 at home by Celta Vigo on Saturday, its QATAR second straight loss.



### Struggling City

While Chelsea and Arsenal could qualify with wins this week, it's set to go right down to the wire for Manchester City.

City's struggles in the Champions League continue as it has picked up just two points from three games, although Bayern Munich's dominance of Group E leaves the English champs with a chance of qualifying as runner-up.
A home victory over

CSKA Moscow on Wednesday is imperative, though, if City is to overhaul Roma, which is two points ahead in second.

### Bayern bulldozing

Complacency appears to be the biggest danger facing Bayern Munich.

The powerhouse appears to have the German domestic title sewn up after just 10 games, while the Champions League has seemed even easier so far, they beat Roma 7-1 in their last match and

host the Italian side Wednesday. "We have to keep trying to improve things and cannot let up," said Ārjen Robben. "We're on the right path but we shouldn't

think it all

ally."

comes natur-



### BREAKFAST .... FORECAST Warm with a 100% chance of crunchy.

### Sudoku

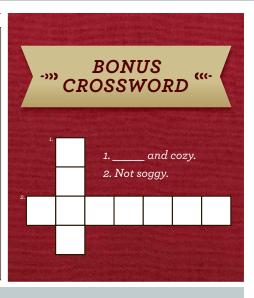
#### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

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#### Horoscopes by Sally Brompton

### T Aries

March 21 - April 20 Don't take anything for granted over the next few days. The approaching full moon means that someone you are involved with business-wise may well be saying one thing while doing another.

### **Taurus**

April 21 - May 21 A touch of realism is needed today, both on a creative level and in affairs of the heart. You don't want to be unkind, but you realize it is better to be blunt than misunderstood.

© PepsiCo Canada ULC, 2014

### II Gemini

May 22 - June 21 There are two ways you can deal with a problem: the quick way that calms things down in the short-term but does not guarantee it won't return; or the long way that takes more effort but is more effective. You know which is best.

### **9** Cancer

June 22 - July 23 A creative or romantic problem may seem to have no answer because you are looking at it from a negative angle. Raise your sights and it will quickly become apparent what needs to be done

### $\Omega$ Leo

July 24 - Aug. 23 You need to find a better balance between your home life and your work life. Loved ones will give you the support you need but only if you are prepared to find time in your busy schedule to ease their doubts and fears.

### **W** Virgo

Aug. 24 - Sept. 23 A minor disagreement could escalate with alarming rapidity over the next 24 hours. The sad fact is some people are ridiculously touchy, so watch what you say and how you say it.

### **△** Libra

Sept. 24 - Oct. 23 You may be in a position today to help a friend resolve a dispute of some kind but unless they directly ask you to get involved you are strongly advised to keep your distance.

### M Scorpio

Oct. 24 - Nov. 22 The more someone tells you that your plans are not likely going to work out the more determined you will be to see them through to completion. You feel you have something to prove.

### **プ** Sagittarius

Nov. 23 - Dec. 21 Plans made over the weekend may have to be changed or abandoned as reality sets in. The simple fact is you do not have the time or the resources to do what you said you would do.

### り Capricorn

Dec. 22 - Jan. 20 How hungry are you for success? If you are typical of your birth sign you are very hungry indeed and what you achieve between now and the end of the year will be little short of extraordin-

### Aquarius

Jan. 21 - Feb. 19 Watch out you don't upset people whose support you are going to need. No matter what happens, at work or in your private life, keep a cool head and keep telling yourself it will all come good in the end. It always does.

### H Pisces

Feb. 20 - March 20 It may seem as if some kind of barrier is too big for you to find a way around but don't give up. The approaching full moon will cause a number of things to come crashing down and maybe that barrier will be one of them.



The best of both bowls.

### Crossword: Canada Across and Down by Kelly Ann Buchanan

to the Canadian Kennel Club: 2 wds.

38. Ancient Greece's

39. Own, to a Scot

tions speed unit

42. Cariboo Gold

Rush town in BC

founded in 1862, a

National Historic Site

40. Telecommunica-

37. Mr. Aykroyd

love god

41. Knock

of Canada

46. \_\_ Na Na

### AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

### Yesterday's Crossword

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See today's answers at metronews.ca/answers



#### **Across** 1.Gettin' Wit It by Will Smith 6. Terpsichore, in ancient Greek mythology, for one 10. \_\_ artist 14. Range 15. Caspian Sea country 16. Fashion magazine 17. Calgary neighbourhood 19. Gomer \_ \_ (Jim Nabors role) 20. Saturday Night 38 Live alum Horatio 21. "I \_\_ you so!" 22. Possessed, in ye olden days 23. Aahs' friends 25. Say "Cheese!" 27. Agnes Moorehead television role 30. Famous King, commonly 31. Healthy retreat 34. What Newfoundlands are according 63 54

47. Lummox 48. corpus 49. 1960s jacket style 51. \_\_-O (Pudding alternative) 52. Prefix to 'dermabrasion' (Facial treatment) 54. \_. \_. (Line above the equator)

60. Horton Hears \_ <u>!</u> (2008) 61. Disbelief 63. Well 64. Actress Ms. Malone 65. Waltz, in Paris 66. About: 2 wds.

56. Notion

67. Scheme

68. Halifax-born actress Ms. Page **Down** 1. Fighter's pokes 2. Opera singer Ms.

30

Petina and bear it 4. "I'm quaintly surprised!" 5. Charlottetown

65

Airport code 6. Canadian tennis player Mr. Raonic 7. The \_\_ Mountains (Range in Russia) 8. Architecture: Calgary's historic buildings material 9. Cease 10. Floral leaf

11. Horse from Scotland 12. "\_\_ fair in love..."
13. \_\_ the Parents

(2000)18. Mr. Hawke

22. Billboard chart-

toppers \_quit!" 24. "...

26. Java holder 27. Pitchers

28. Music's Ms. Jones 29. Berth a boat: 2

wds. 32. 1963 Billboard chart-topper: Hey \_

33. Mountains in South America 35. "\_\_ and Oates" (Folk duo comedy, on

MuchMusic) 36. Cartoonist Mr.

Browne 40. The Quiet Crooks band from Toronto 42. Fashion style,

\_-chic 43. Swiss river, variantly

44. Scarlett's love 45. Ms. Bertinelli,

to pals 50. Eat away

51. Kyoto locale

52. Wise Men 53. Victor's holler!:

2 wds.

55. Ms. Horne

57. \_\_ pickles

58. Latin 'being' 59. Sermon word

61. Sex and the City

star ...her monogram

62. 'Select' suffix





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876,970



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<sup>6</sup>7,450



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<sup>8</sup>14,860



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\$23,870°



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§17,840



2009 Toyota Tacoma

81,970 km, 4WD, stk# 36241

<sup>8</sup>19,740



2011 Hyundai **Tuscon GL** 

> 110,062 km, stk# 35774

<sup>8</sup>12,760

taxes included



71,741 km stk# 36070



2011 Nissan **Altima SL** Xtronic CVT 72,272 km,

stk# 35926

<sup>8</sup>14,930



**2014 Jeep Patriot** 

35,601 km, 4WD, stk# 35161

<sup>6</sup>18,940



**2014 BMW X1** xDrive 28i

27,597 km, AWD, stk# 35952

\$34,880°

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